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Publisher: SAGE Publications, Inc.

By combining their range of skills and experiences, John Lee West (pastor and licensed professional counselor), Roy Oswald (educator, ordained pastor, and emeritus Executive Director at the Center for Emotional Intelligence and Human Relations Skills), and Nadyne Guzmán (professor, ordained minister, hospital chaplain, and organizational consultant) have written a brief, readable, helpful text on emotional intelligence. West, Oswald, and Guzmán “believe that an opportunity exists for religious leaders to thrive in their work when they are given the tools of EQ [emotional intelligence]” (West, Oswald & Guzmán, 2018, p. xi) and this book lays out different tools in an orderly fashion.

Pastors need to be able to monitor and regulate their emotions, both internally and externally (West et al., 2018, p.2). The challenges and stresses of religious leadership include burdens, celebrations, mournings, and tensions that many other professions do not face. Moreover, theological education is often lacking in preparing ministers for the emotional toil of the pastorate. Yet the pastor, while not necessarily properly equipped, is also stretched for time. This book aims to research specifically with the pastorate in mind and synthesize broader learning and research on emotional intelligence to provide an informed, researched, helpful primer on the subject. To do so, the authors boiled the initial 18 competencies of emotional intelligence identified by Daniel Goleman down to six traits. They made these choices based on interviews with religious leaders. These traits are emotional self-awareness, emotional self-control, empathy, organizational awareness, influence, and conflict management. Each of these subjects receives a chapter (emotional self-awareness receives two), and then the chapters are wrapped together with a chapter on spirituality.

The authors sought to produce a primer that is applicable in the personal and professional lives of religious leaders. They have succeeded. The book is readable and gentle and covers a host of topics. Especially helpful is the chapter on organizational awareness. This is a subject that might have gone unexplored, but the authors show how the foundations of emotional awareness and control can be used as lenses and practices for organizational leadership. Organizations can become anxious places and groups can act without awareness, but the leader

is responsible to see themselves and take appropriate action to lessen the anxiety and decrease the emotional temperature. By including several authors with whom more Evangelical readers would be familiar, such as John Eldredge, Charles Stone, and Gary McIntosh, authors West, Oswald, and Guzmán have created a disarming atmosphere. But into this atmosphere they also bring a method that might be uncomfortable, including engaging with the thought of other religions. The combination serves to disarm readers and widen sources that might be critically engaged. The only subject I found myself wanting more detail was on self-revelation. What are good strategies for self-revelation, and to what extent? While the authors speak approvingly and add focus-group research on the subject, it could have been covered with greater depth and its complexity more thoroughly noted.

Wesley Seminary at Indiana Wesleyan University, where I teach, has a vast majority of online students already in ministry settings. This book suits students in the pastorate who are able to engage from their own experience and apply it to their immediate contexts. While it could also be used in graduate education with students whose experience is limited, it is best suited to the practicing pastor or the student currently in the field. Its clear and rational structure, with simple definitions, makes it a good book for introductory courses on pastoral theology, pastoral leadership, and pastoral ministry. It serves to bring students to a shared level of knowledge. Finally, it may be used as a primer for further works in emotional intelligence, as a post-seminary refresher for pastors, or as professional development and spiritual formation even for professionals not in religious leadership.

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<https://journals.sagepub.com/doi/10.1177/1542305019848675>

Keywords: Emotional Intelligence, Religious Leaders, Christian Ministry, Pastor, Spiritual Formation, Pastoral Theology

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1. West, J. L., Oswald, R. M., & Guzman, N. (2018). *Emotional Intelligence for Religious Leaders*, Lanham, MD: Rowman & Littlefield, 128 pages.